Lizardmen

A 5e Player Race by DM Tuz

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Lizardmen

"Lizard...-men. Good enough, I guess."

Found across the world, the rugged Lizardmen are seasoned survivors who were undeterred to settle in lands other races did not dare to travel. These reptilian humanoids first emerged in the world's wetlands and jungles, in which they had to compete against a fierce fauna and flora from their earliest history. Sages speculate that dragons played a role in their creation, as the earliest known Lizardmen writings feature symbols similar to draconic glyphs. To which end dragons sought to create lizardmen, one can only speculate. Having outgrown their jungle homes, Lizardmen eventually expanded and spread. Today they can be found in almost every land to some extent, all thanks to their unmatched survival instincts honed in their hostile jungle homes. In particular, lands deemed too dangerous by most civilized folk did not deter the Lizardmen, who eventually, through grit and determination, managed to flourish uncontested by other races.

The vibrant scales of Lizardmen, which frequently reflect the colors of their natural environment, make them easy to identify. This natural camouflage aids them to seamlessly blend into their surroundings. Their strong, muscular tails, razor-sharp fangs, and keen claws further enhance their fierce, bestial appearance—reptilian features that earned them their admittedly uninspired name. While Lizardmen stand as tall as humans but are lither in frame, they feature dense muscles, granting them a surprising amount of physical strength.

The Lizardmen's lifestyle is defined by resourcefulness and pragmatism. To them, the world is a series of relentless challenges, and hardship is a necessary teacher. This outlook can make the Lizardmen appear distant or even cold to outsiders due to their overly practical temperament. Surviving for generations in harsh conditions has molded their culture to prioritize practicality over everything else, frequently causing arguments with more sentimental or idealistic races.

Though Lizardmen prefer remote, untamed habitats, they are not isolated. Many tribes readily engage in trade with nearby towns, exchanging rare goods and resources for tools and luxuries. These interactions are often brief but respectful. However, their reptilian appearance, pragmatic mindset, and survivalist nature often lead other races to view them as outsiders.

Survivor's Struggle

At the heart of the Lizardmen's worldview lies a firm belief in personal growth through struggle. While their stoic nature may give the impression of indifference, those who earn their trust will find that Lizardmen are caring souls who value the development of strength in both body and mind. They understand that survival is not just about brute force, but also about learning from hardship. When traveling with others, they often teach survival skills, but they do not intervene too quickly when a companion faces difficulty, even if it means leaving them to fail. Lizardmen believe that true strength comes from overcoming adversity on one's own, knowing that each experience, whether success or failure, brings an invaluable lesson. In this way, they nurture those around them, not by sheltering them from the harsh realities of the world, but by encouraging resilience and self-sufficiency.

Dryscale
Artwork by CeeHaz

While their actions may seem tough, there is a genuine care in their approach. Lizardmen take pride in watching those they aid grow into competent individuals, and their relationships are built on respect for this shared journey of growth. To a Lizardman, guiding others to become stronger is a reward in itself—resulting in a bond forged through a history of hardships and victories, stronger than any simple show of affection.

Lizardmen Names

Lizardmen names reflect their reptilian nature and sounds found in their habitats by featuring flowing sounds that commonly come to a sudden sharp stop. Having learned writing from the dragons who shaped their early history, they still readily use the draconic alphabet in their signatures.

Male Names

Aranitz, Banirak, Chaloras, Darithet, Elorats, Falinot, Garithak, Hanorrak, Irathiss, Jalorazz, Kalorak, Larithat, Morigat, Narithok, Orithit, Palinok, Quilatz, Ralits, Sorakk, Taloriz, Unalok, Valirit, Warinazz, Xanorak, Yarak, Zanaritz

Female Names

Anithra, Bolithra, Calioraz, Dalintri, Enirat, Farylik, Garingrat, Hanirat, Isaek, Jalithra, Kalora, Larelisk, Miratri, Nariliska, Orinthra, Panisra, Quinaraek, Ralinthraz, Saritri, Talinrat, Unilik, Valintra, Walisek, Xanitra, Yarithraek, Zaniraz

Lizardmen Traits

As a Lizardman, you possess innate traits and capabilities.

Ability Score Increase. Increase one ability score by 2 and increase a different one by 1, or increase three different ability scores by 1.

Creature Type. Your creature type is humanoid.

Size. Your size is Medium.

Speed. You have a walking speed of 30 feet.

Languages. You can speak, read, and write Common, Draconic. You can know another language in place of Draconic.

Bite. You have a fanged maw that you can use to make unarmed strikes. You can choose whether you use Strength or Dexterity for your bite's attack and damage rolls. When you hit with it, the strike deals 1d6 + your Strength or Dexterity modifier piercing damage, instead of the bludgeoning damage normal for an unarmed strike.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Subraces. Choose one of the following subraces: Dryscale, Leatherback, Dragonnewt

Dryscale

The Dryscale Lizardmen are the most numerous of their kind, thriving in moderate to hot climates where they often interact with other civilizations. Their scales, typically earthy tones of brown, tan, or rust, are commonly as jagged and rough as the arid landscapes they hail from. Dryscales are renowned for their agility and endurance, qualities that make them deft climbers and exceptional explorers. Whether scaling cliffs, navigating dense woodlands, or trekking across sun-scorched deserts, they move with a confidence and ease few can match.

Dryscales have a keen eye for valuable resources, often uncovering hidden springs, deposits of rare minerals, or abundant hunting grounds in their travels. This skill has made them sought-after guides, especially by merchants, adventurers, and scholars seeking safe passage through unfamiliar or dangerous regions. Their knowledge of terrain and ability to track the movements of both prey and predators ensure the safety and success of those who hire them. Many Dryscales also engage in trade, selling maps, unique finds, and information gathered from their extensive explorations.

While pragmatic and business-minded, Dryscales are known for their fierce loyalty to those who earn their respect. Their resourcefulness and adaptability have made them popular traveling partners for those exploring uncharted territories.

Climber. You have a climbing speed equal to your walking speed.

Scales. You are covered in scales. When you are not wearing heavy armor, you have a +1 bonus to your AC.

Healing Factor. If you start your turn and have 1 or more hit points, you can choose to heal hit points equal to 1d6 or an amount equal to your Constitution modifier (to a maximum of 6), whichever number is higher.

You can use this trait an amount of times equal to your proficiency bonus, and regain all expended uses when you finish a Long rest.

Survivor's Will. Whenever you regain any amount of hit points while you are below half of your maximum amount of hit points, you can regain an additional 1d6 hit points.

Survivor. You are proficient in Perception or Survival.

Check out these other Player Races!
Aside from the Lizardmen, I also have created many other monster girl inspired player races such as the *Lamia*, ambitious snake folk who are so often misunderstood, and the *Holstaur*, the gentle giants who traverse the land to foster the meak.

Leatherback

The Leatherback Lizardmen are as fearsome as they are tough. With powerful jaws capable of crushing bone and thick, rugged scales truely deserving of the name leatherback, they embody the raw strength needed to survive in their perilous homelands. Unlike other Lizardmen who ventured into the broader world, Leatherbacks remained in their ancestral wetlands and jungles, adapting to the relentless dangers of their environments by growing as fierce and monstrous as the beasts that preyed upon them.

Their scales, often deep green or black with mottled patterns, match their home's murky waters and dense foliage. Leatherbacks are renowned for their ferocity in battle and their unmatched tenacity, traits that make them formidable opponents and protectors of any lands that they claim as their own.

Swimmer. You have a swimming speed equal to your walking speed and can hold your breath for up to 15 minutes.

Tough Scales. You are covered in tough scales. Your natural armor provides you with a base AC of 15 (you can still benefit from a shield), meaning regardless of the armor you are wearing, your AC cannot be below that. If you are wearing armor that is not heavy armor, you have a +1 bonus to your AC.

Strong Jaw. The damage of your bite is 1d8 and you are able to use your jaw to grapple creatures, leaving your hands free.

Frenzy Bite. As a bonus action, you can make a special attack with your bite. If the attack hits, you can choose to both deal damage and grapple the creature. If the target creature is already grappled by your jaws, your attack roll has advantage.

You can use this trait an amount of times equal to your proficiency bonus, and regain all expended uses when you finish a Long Rest.

Trailblazer. You are proficient in Athletics or Survival.

Leatherback
Artwork by CeeHaz

Dragonnewt

The Dragonnewt Lizardmen are a striking and enigmatic subrace marked by signs of draconic heritage. Curved horns, leathery wings, and vibrant scales that shimmer with a variety of colors or metallic sheens, lend Dragonnewts an aura of draconic majesty and power. Their discovery spurned contemporary theories of the origin of Lizardmen. Some believe the Dragonnewts to be a precursor to modern Lizardmen, while others suggest the opposite; that Dragonewts are an evolved form of Lizardmen. Regardless of the truth, their existence seems to all but confirm an existing connection between Lizardmen and dragons.

While Dragonnewts lack the ability to unleash a dragon's elemental breath weapon, they possess an astounding ability to directly channel an elemental energy of comparable quality. This talent allows them to conjure and unleash a destructive power. This innate connection to the elemental energies generally grants them a natural understanding for magic, an inclination many of their kind follow by pursueing the arcane as scholars or mages.

Dragonnewts are rare sights and commonly travel alone. Despite their solitary nature, they retained the Lizardmen's values of growth despite them seldom crossing paths. Many Lizardmen themselves, see Dragonnewts as their race's apex and thus pay their respects and reverence to their draconic cousins.

Flying. Your wings grant you a flying speed equal to your movement speed. If you end your movement in the air, you fall if nothing else but your wings holds you aloft. You can't use your wings if you are wearing heavy armor.

Scales. You are covered in scales. When you are not wearing heavy armor, you have a +1 bonus to your AC.

Draconic Bolt. When you choose this subrace, choose between Acid, Cold, Fire, Lightning, and Poison. You are able to manifest elemental energy associated to the chosen damage type and hurl it at your foes as a natural weapon attack, which is a magical ranged attack that has a range of 60 feet. You must choose which ability score you use for its attack and damage rolls when you choose this subrace. When you hit with your Draconic Bolt, it deals 1d6 + your chosen ability modifier damage of the same type you chose.

Chromatic Charge. You have an amount of Chromatic Charges equal to your proficiency modifier. Whenever you attack with your Bite attack or Draconic Bolt, you can expend Chromatic Charges. For each Chromatic Charge you expend, your attack deals an additional 1d6 damage of the same type you chose for your **Draconic Bolt** trait. If your attack misses, you regain the charges you expended for that attack. You regain all Chromatic Charges when you finish a Long Rest.

Influencer. You are proficient in Intimidation or Persuasion.

Dragonnewt
Artwork by CeeHaz

Lizardmen Unique Feats

Lizardmen characters have access to unique feats when they level up in a class. Some DMs allow the use of feats to further customize a character, see chapter 6, "Customization Options", of the Player's Handbook.

The following special feats allow your character to expand upon their innate abilities, as each feat represents an evolution of your character's nature and traits.

Last Stand

Prerequisite: Lizardman (Dryscale), Level 4+

When pushed to their limits, the true resilience of the Dryscales shines brightest. Your ability to regenerate has been tested again and again in your struggle for survival and has evolved. Your defiance against death is both a testament to your survival spirit and a warning to your foes. You gain the following boons:

Ability Score Increase. Increase one of your Ability scores, by 1 to a maximum of 20.

Back from the Brink. You can use your Healing Factor if you have 0 hit points. Once you do so, you can't do it again until you have finished a Short or Long Rest.

Adrenaline Surge. Whenever you use your Healing Factor trait while you are below half of your maximum hit points, you can choose to have advantage on the next ability check, attack roll, or saving throw you make before the beginning of your next turn.

Death Roll

Prerequisite: Lizardman (Leatherback), Level 4+

When a Leatherback sinks its teeth into a foe, escape is almost impossible. This vicious technique, developed and perfected by your kin in their treacherous homelands, has been mastered by you. You can now turn a simple grapple into a maelstrom of pain, as the predator thrashes violently to tear apart its prey. You gain the following bonus:

Ability Score Increase. Increase one of your Ability scores, by 1 to a maximum of 20.

Pulling Jaw. Whenever you hit a creature with a bite attack that you have already grappled with your jaw, you can move that grappled creature without needing to expend additional movement until the end of your turn.

Rip and Tear. If you use your Frenzy Bite trait and hit a creature that you have already grappled in your jaw with your bite attack, you can choose to end the grapple on the creature and deal an additional 1d8 + your proficiency bonus damage as part of the same attack.

Appetite for More. If you reduce a creature that you have grappled with your jaw to 0 hit points with an attack, you gain an additional use of your Frenzy Bite until the end of your next turn.

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Draconic Legacy

Prerequisite: Lizardman (Dragonnewt), Level 4+

Within every Dragonnewt lies the untamed spark of their draconic ancestry, a power waiting to be unleashed. You learned to tap into this ancient legacy and can awaken a fleeting but awe-inspiring surge of draconic might, embodying the strength and majesty of your storied lineage in moments of need. You gain the following bonus:

Ability Score Increase. Increase one of your Ability scores, by 1 to a maximum of 20.

Draconic Ascension. Once per day as a bonus action you can enter a state of draconic ascension for 1 minute. When you do so, you gain the following benefits:

- You gain resistance against the damage type of your Chromatic Bolt.
- You no longer fall at the end of your turn and can fly even if you wear heavy armor.
- Whenever you use one or more Chromatic Charges on an attack, you can choose to force each creature within 5 ft. of your target that is neither you nor your original target to make a Dexterity saving throw. On a failed save, a creature takes an amount of damage of the damage type chosen for your chromatic bolt equal to 1d6 + an additional 1d6 for each charge you expended and half as much on a successful save. The DC is equal to 8 + the ability modifier you chose for your Draconic Bolt + your proficiency bonus.

Once you use this feat, you can't do so again until you have finished a long rest.

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